## "LIVE FIT, EXERCISE FOR LIFE"

EXERCISE LOG

UNIT OF REPRESENTATION:			make copies as needed	
NAME (LAST) (FIRST) (MIDDLE)		ADDRESS:		
DATE	EXERCISE	SETS / REPS	WEIGHT / DISTANCE	
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Return to: Mike Bierle Youth Coordinator 2823 West Main Street, Bldg 520

Rapid City, SD 57702

Return by 15 September 2007. Award Certificates will be given to units of representation for presentation.

PARENTS SIGNATURE:		
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